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**VADE MECUM, VOLVENTIBUS ANNIS**

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# The Guide to Learning Series

## LEARNING TO SHIFT YOUR LOAD

Mayan Revelation Number 273

### Monograph Eight

**Change Your Center of Interest**

**Gratefully Accept Assistance**

**Take the Yoke of the Lord**

**Make a New Start**



ELoved Perfector:

I know that life is not easy for many of you. Frequently you may have responsibilities that seem almost too great for you to handle. At times sickness saps your strength and you find that it is an effort for you to get on your feet again. Worry over your own condition, or over the problems of someone who is dear to you, lowers your vitality. There may come a day when your load will seem so great that you have to shift its weight if you are not to be crushed beneath it.

You can use your mind to control your thinking and to save wear and tear upon your body and nerves. You can walk steadily even when carrying a burden of disappointment, or grief. You can live triumphantly in spite of limitations. To do this you must direct your thoughts and be the master of your will, but you must not refuse help.

This Lesson brings instruction in how to make your load lighter -

by changing your center of interest

by gratefully accepting assistance

by yoking up with the Lord

and by making a new start.

Perhaps you can never achieve the mental efficiency of an expert, but the average person need not be overwhelmed by the idea that his load of responsibility or heartache is too great for him to bear. People can make remarkable gains when they learn how to make difficult adjustments, and to effectively use all the resources they possess. Men and women who appear frail can bear up under trouble when they learn how to distribute the weight of their load.

You need not be defeated by limitations. You can acquire the skill to meet the challenges before you. You can endure great stress by intelligently ordering your life and sharing your burdens. This Lesson will help you to shift your load of work or of worry. Approach it by making the following PRAYER your own:

Dear Father, I thank Thee for the promise that Thou wilt guide and sustain me. Help me to remember that I am made in Thy image and given soul-force with which to overcome physical weakness.

I come to Thee for insight and divine strength. Open my mind that I may become aware of my latent power. Make me humble - willing to accept both human and divine aid. Fill me with wisdom, courage, and peace. In the Master's name, Amen.



### CHANGE YOUR CENTER OF INTEREST

Our burdens become iron weights when we focus our attention upon them. If we become obsessed by our infirmity it will have a crippling effect upon us. But let a gay friend walk into the room and instantly we become less conscious of our suffering. Whenever we allow a new interest to capture our attention the weight of our personal load is lightened.

When we read an intriguing story we become lost in the plight of the characters and forget our own disability or anguish. When we comfort a child who is hurt, or share the heartache of a friend, our own concerns no longer loom so large that they obscure all other values. When we give of our time and our talents for a noble cause, we shift the weight of our personal load so it no longer crushes us. We can know many satisfactions, and some measure of delight, in spite of physical handicaps, frailty, or disappointment.

In a moment when Helen Keller felt exultation over her inward triumphs, she cried out, "To be blind is to know the joy of life!" Her first victories came as she broke through the bars of silence and darkness. Later, she was consumed with a desire to help not only the blind but all whose lives were crippled either by physical handicaps, or by circumstances. During the last half of her life Helen Keller's great heart and mind actually gave her broader horizons than those of many who could see. Her concern for others who had great need pushed self-interest from the center of her thinking. When Helen Keller shifted her attention from her own struggle to the struggle of other people who were crippled by limitations, she broke out of her prison. She gained a freedom of spirit that was more precious than freedom from infirmity. She lived triumphantly.

You can know the joy and the liberty that comes when you shift your center of interest from your own problems to those of your family, your friends, or strangers. You can live victoriously even when confronted by poor health, or adversity.

If you come to an hour when disappointment, sorrow, or prolonged illness makes your load seem unbearable, resist the temptation to let personal problems narrow your vision. Don't allow them to constantly rub your mind, or a sore will develop. This can make you "touchy" and full of complaints - a person whom others would like to avoid.

We all have been bored by a man or woman who reviewed his problems every time he could find a listener. Although we felt sympathy for him, we could see that his anguish was increased by centering his attention upon himself.

We have been lifted, though, by the man who, while greatly handicapped, always radiates a spirit of gaiety. I think of a bright-eyed young girl whose body is terribly shrunken and twisted by polio, but whose smile is contagious. During the many months I have been visiting her in the hospital I have found that she is the inspiration of nurses, doctors, and patients. Every morning an aid lifts her onto a stretcher and pushes her over to the side of someone who needs encouragement.

Although illness has interfered with her schooling, this frail girl will

not give up her hope for an education. She keeps several books by her pillow, and when she is not too distressed by pain and fatigue, she tries to study. She frequently helps the younger children with their lessons and encourages them to make an effort to learn to read. By a vital interest in books and in people she has shifted the load of the terrific handicap which is hers.

You have met the invalid who cheers all who come to comfort him. You know the man or woman whose mind remains active even when his body is fettered. You are aware, if you stop to think about it, that a person's spirit can triumph over physical disaster.

Recall the experience of Dr. Edward Trudeau, the pioneer in the battle to conquer tuberculosis. Surely he had cause to sink into despondency! The dread disease first robbed him of those he loved and then robbed him of his health. When men his own age were launching their careers, Trudeau was exiled to a sanitorium at Lake Saranac. His load of frustration must have been great indeed! But even when he was ordered to spend his days in bed, Dr. Trudeau refused to indulge in either idleness or self-pity. He thought of the men, women, and children whose lives were wasted by consumption, and whose families lived in an agonizing fear of the disease. He became so caught up in a passionate desire to end this waste of human life that he had no time to be sorry for himself.

Dr. Edward Trudeau had gone to Saranac to die, but there he found a challenge and the strength to meet it. First he summoned all his resources to find a way to wipe out "the white plague" of the United States. Later he set in motion the program that was to make his dream, in large measure, a reality. He wrote: "The struggle with T.B. has brought me experiences which I would not exchange for the wealth of the Indies."

You can know such a personal victory, even if it comes in less dramatic form. The world may never hear of your brave efforts, but if you gallantly carry on against odds, maintaining broad interests even in times of adversity, your load will seem lighter. You will experience less misery and more satisfaction as you learn to focus your mind upon ideas and concerns that are beyond your personal problems.

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GRATEFULLY ACCEPT ASSISTANCE

As long as we are self-centered we are not only oblivious to the needs and the longings of others, we are blind to the help that they can give us. Concentration upon ourselves and our problems magnifies the importance of our own responsibility, and thereby increases our load of duties and our worries. When we broaden our focus, we can see how to give assistance and how to accept it.

A mother dragged from day to day, always overworked. Her fifteen-year-old daughter divided her time between studies and school friends. The younger brother was engrossed in Little League athletics and came home just in time for meals. On weekends the father spent most of his time pruning his trees and shrubs, and mowing or raking the lawn. Each thought there were too few hours in the week to do the things he wanted to do. An air of fatigue and tension hung over the household, beginning with the mother and spreading to each of the other members of their

family.

Then a severe illness shook the woman out of her self-sufficiency. It made her see how foolish she had been to wear herself out by slaving for her husband and children. While she was confined to her bed they not only helped with the housework, but gave evidence that they actually enjoyed doing it. The woman saw that while she was flat on her back their home was a happier and more peaceful place than it had been when she was overworked.

Fortunately, this mother was intelligent enough to profit by what she saw happen when every member of the family did his part at home. When she was on her feet again she no longer attempted more than she could reasonably do. She let the children feel that she knew they were capable and that their services were needed. She learned to shift her load by gratefully accepting assistance.

Whether you work at home, at school, or in some business or profession, this may be a lesson that you need. Your endurance is doubled, your efficiency is increased, and the happiness of all those about you is multiplied when you recognize the contributions that others can make and if you gladly accept their help.

The temptation to think he is indispensable comes at times to almost everyone. When a person yields to it he soon finds that his burden is growing heavier day by day.

The tired business man needs to see the talents of his staff and then delegate some of his authority. The over-worked teacher needs to seek out talented students who can gain experience by helping him. The club officer renders a service to his organization when he trains subordinates by giving them some duties. When a minister calls upon his laymen to do their full part, their loyalty to the church is increased while his load is lightened as he shifts some of it to their shoulders.

Many people become tense and worn because they attempt to do alone the work they should share. This practice stems from wrong thinking. Sometimes it may come from exaggerating the size of their task. More often it comes either from a subconscious satisfaction in being a martyr, or a failure to recognize the ability of those about them. Avoid this pitfall.

- \* See your responsibilities clearly, not through a magnifying glass.
- \* See the potential of each member of your family, or each person with whom you work.
- \* Encourage others to do their full share, and to assume more and more of the load as their capability increases.
- \* Again and again express your appreciation of the work that others do. You will find that your praise is valued.

Learn to shift your load by graciously and gratefully accepting assistance.

### TAKE THE YOKE OF THE LORD

One who understands us can give direction and encouragement that is of inestimable value. But we also need to be undergirded by a Power beyond the human. When we are overloaded with work, or with worry, it is comforting to hear the words of the Master: "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

For my yoke is easy, and my burden is light." (Matthew 11:28-30).

These words were spoken to people who were trying very hard to live up to the standards that Jesus had set for them, and they were becoming weary. In the language of that day, the word "yoke" was used to indicate submission, while the word "easy" meant well-fitting. When a yoke was shaped so that it did not chafe, the ox could labor all day without becoming exhausted.

Often we are made weary by irritation rather than by actual work. This can be avoided. God has a task for you and a task for me. Each is given according to our personal ability. When we accept the responsibilities that are right for us, we know what the ancient rabbi meant when he said, "My burden has become a song."

Perhaps you have heard the story of the frail Scotch laddie who was carrying a little lame boy on his back. When a stranger said to him, "That's a heavy burden for you to carry," the lad replied, "That's no' a burden. That's my wee brother."

The love in the lad's heart made a heavy load seem light.

The knowledge that God loves you will lift part of your load - whether it consists of weariness, bewilderment, or sorrow. And if you have become exhausted as you were pulled this way and that, endeavoring to please various people, you will find that when you surrender your life to God you know what your choices are to be. Then you will be amazed to learn how much more you can accomplish when none of your energy is wasted by indecision.

Accept the insight that God is waiting to give you. Then you will realize which things are of primary importance, and which can be eliminated, or put in second place. This is the first step in accepting the yoke of the Lord.

The second step is of equal importance. It is to admit your shortcomings and to ask for forgiveness. You feel the call to live as a child of God. You set high standards for yourself, but again and again you miss the mark. You know that you have not measured up to the man or woman you long to be.

If you push all your regrets down into your subconscious mind, they will only add to the burden of sin you must carry. This is true whether you have actually done wrong, or only neglected to respond to your noblest impulses.

Ask for God's forgiveness, and instantly you will feel a weight lifted from

you. You will rise from prayer with renewed courage and strength. This is what psychologists call a "transfer" of the human load to the Lord in whom we trust.

The third step in lightening your load is to shift to the Almighty the worry that has been taxing your mind and burning up your energy. How this works is dramatically illustrated by an incident which Bishop Quayle once related to a congregation. The saintly bishop had been struggling with a difficult problem. He did not give its exact nature, but said:

"I worried and worried most of the night. I was sleepless and tossed about in my bed. I turned on the light and tried to read. I did everything. But there was a great worry that was taking my mind. Finally, when I was almost completely exhausted, I said, 'Look here, God. I've worried and worried more than half the night and I've got to preach tomorrow'."

Bishop Quayle said that he then clearly heard God say to him, "William, turn right over and go to sleep. You let Me worry the rest of the night."

The great bishop then added, "Somehow the peace of God flooded my soul, and I did turn over and go to sleep."

Sometimes we can handle our own problems. But every now and then we are faced with something too big, too heavy, for us to manage. Then we must shift our load by putting complete trust in God.

When you are distraught don't attempt to solve your problem by mulling it over during each hour of the day and then worrying about it for half of the night. This drains your energy and makes you poorly equipped for the tasks ahead. Do your best, and then trust God for the rest.

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#### MAKE A NEW START

The Truth has been lifted up that a man does not need to be a person of unusual brilliance in order to direct his own thoughts. This ability is within the reach of the average man or woman. Anyone who is willing to study and strive need not plod along, weighted with a load of drudgery, fear and frustration. He can learn to live triumphantly.

Perhaps you are one of the fortunate few who consistently go about their work with happy, contented minds. But if you have drifted into the habit of staggering under a load of responsibility, instead of adjusting it, today is the time to make a new start. Take a fresh look at the work that is yours. Tackle it a bit at a time. Be willing to share some of the obligations that hang as a millstone around your neck. Also, put your roots deeper in faith. Trust God to give you strength for what you must do today, and for wisdom to guide you through tomorrow.

If you are encumbered by misfortune, or worry, now is the time to analyze your problems. Bring your troubles into the light and some of them will evaporate. Make both your knowledge and your experience serve you well as you tackle the tasks that loom high ahead of you. They will seem less formidable as you learn to

honestly evaluate their importance.

Whenever you have done well, take pride in your achievements and go on to greater victories. But if you have fumbled and stumbled, do not give up hope. Make a fresh start and look forward to tomorrow. You can benefit from your errors and make each new endeavor worthwhile.

Daily keep in mind the principle that was presented early in this Lesson: YOUR LOAD IS LIGHTER WHEN YOUR CENTER OF INTEREST IS BEYOND YOUR OWN SELF. Discover new delights and avenues of service.

Help many people, but do not become eager for appreciation. Some individuals who work constantly for the good of others always rush about, confused, hectic, and irritable. They develop a state of "nerves" because - in spite of their altruism - they are watching to see if others think they are doing well.

Avoid this error. Whatever you undertake, render the best service you can, and leave the results in God's hands. There is no need to try to gain praise or acclaim, for when you have eased another's burden you will know secret joy. Your self-respect will be increased. As you think of yourself as a nobler person, you will be stronger. You will be better able to bear whatever is placed upon you.

Any temptation to become self-centered, or to think we are self-sufficient, vanishes if we keep before our eyes the truth that we owe much to our parents, teachers, and all who have assisted us along life's way. Daily we enjoy food, comfort, and security because of the sacrifices made by innumerable fellowmen.

It is foolish for anyone to attempt to "go it alone" when he owes a debt to so many. God has made men so they are dependent upon one another, as well as upon Him. We all need to find ways in which we can support others, but not be too proud to accept help ourselves.

If you now are sad, or discouraged, turn immediately to someone of understanding. There is a member of your family, a friend, or a counselor who will gladly listen as you unload whatever is on your heart. Share your burden and the thing which is depressing you will not seem stupendous.

Then ask God for Divine help. Accept the strength He is waiting to give you today. Undergirded by His power, you need not despair. You can shift the load you carry, and then you will find that you are able to achieve your goal of happiness and peace.

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#### AFFIRMATION

Today I will:

Broaden my interests  
Help those in need  
Humbly accept comfort and guidance  
And leave my burden with the Lord.

Blessings,

YOUR INSTRUCTOR.

**QUESTIONALYSIS****Mayan Revelation Number 278**

This Questionalysis is for your use after you have completed the study of this lesson, which is the last lesson of "THE GUIDE TO LEARNING SERIES".

Please answer the questions below at the conclusion of your study and return this Questionalysis to Headquarters for the information of your Instructor. Think carefully about your answer for each question; then give your reply frankly, for all are for your development.

1. In making decisions, do you dispense with trivial matters; try to eliminate all tension; make only choices that will help you attain your goal? \_\_\_\_\_  
(Reference: Lesson 271)
2. If a problem seems too complex, do you seek good council? \_\_\_\_\_  
(Reference: Lesson 271)
3. Do you strive to analyze your situation and then achieve the personal adjustments that are necessary in attaining your goal? \_\_\_\_\_  
(Reference: Lesson 272)
4. Do you take a positive approach, counting your assets and thereby keeping your mind and heart free from worry? \_\_\_\_\_  
(Reference: Lesson 272)
5. Do you try always to conserve your energy, your time and your happiness? \_\_\_\_\_  
(Reference: Lesson 273)
6. Do you check your habits to see if they are helping you to attain your goals? Do you choose your course and hold to it? \_\_\_\_\_  
(Reference: Lesson 274)
7. Do you believe firmly in the ultimate goodness and wisdom of God, even when you may not understand why physical or mental suffering should come to you? \_\_\_\_\_  
(Reference: Lesson 275)
8. Do you strive to make suffering serve as a tool in shaping your life, rather than just enduring suffering; do you use suffering as a spur to new endeavors? \_\_\_\_\_  
(Reference: Lesson 275)
9. Life is a great adventure, and death is part of it. Do you believe that death is but another phase of your continuous growth? \_\_\_\_\_  
(Reference: Lesson 276)
10. Do you have a well-developed plan for daily meditation and prayer? \_\_\_\_\_  
(Reference: Lesson 277)
11. When burdened with many problems, do you shift your center of interest from your own problems to those of your family or your friends? \_\_\_\_\_  
(Reference: Lesson 278)
12. Do you understand how shifting your load of duties and responsibilities can help you find greater happiness and peace? \_\_\_\_\_  
(Reference: Lesson 278)

My Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zone: \_\_\_\_\_ State: \_\_\_\_\_

**PLEASE DETACH THIS QUESTIONALYSIS AND RETURN IT TO HEADQUARTERS.**